

# InsideOut

*It's Your Health; Own It!*



March 2016

**Also In This Issue:** Nutrition Advice; EAT Health Promotion; Staying Healthy; Fit Tip; Mindful Moments

## Focus on Eye Safety Month

While safety and PPE are emphasized and required at the Hanford worksite, nearly half of all eye injuries occur at home or away from the workplace. Even more staggering: the vast majority of those injured were not wearing protective eyewear when the injury occurred (*American Academy of Ophthalmology, AAO*). Wearing protective eyewear doesn't have to mean safety goggles while you are opening a bottle of champagne or at the beach with family. There are many appropriate ANSI-approved protective eyewear options that can help you become accustomed to protecting your eyes during a variety of activities.

Here are some things to think about when choosing protective eyewear:

- Always look for the ANSI Z87.1 stamp on safety glasses or sunglasses to ensure you are getting the full standard of protection.
- For protective sunglasses, find a pair that blocks 99-100% of UV-A and UV-B sun rays to reduce risk of a variety of eye problems such as cataracts, corneal sunburns, skin cancer, and macular degeneration.
- Protective eyewear should not distort colors, but sunglasses should assist in reducing glare.
- If using cleaning products or if you will be around flying debris, it is best to have protection from all



angles, so protective goggles are a better option.

- Be aware of bystanders as you are working - and set a good example of safety for children. Have an extra set of safety glasses for bystanders or children who may be in the area as you work.
- Practice good work habits, such as cleaning eyewear regularly, brushing off debris from hats and head before removing your eye protection, and not rubbing your eyes with dusty hands or cloths.

As a general rule, if you are putting on sunscreen, you also need to protect your eyes from the sun's UV-A and UV-B rays. Additionally, be aware of the sun's reflection off water and snow and have appropriate, darker tinted sunglasses for these situations. For more, see [PreventBlindness.org](http://PreventBlindness.org) and [AAO.org](http://AAO.org) for resources on preventing eye injuries at home and work.

## Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email [omchew@rl.gov](mailto:omchew@rl.gov).

### Nutrition Basics and Portion Control UPDATED

Healthy eating supports a healthy lifestyle. Learn about food groups, calories, and nutrients.

### Tips for Dining Out

Learn how to make healthy choices when dining out.

### Reading Food Labels

This interactive presentation will show you how to identify claims and facts.

### Fueling Your Fitness

Learn the basics of eating properly to increase your energy, manage your weight, and feel your best.

### "Diets" vs. Diet

Make a healthy diet an everyday part of your life.

## Making Sense of Nutrition Advice

by Kelly Harnish, MPH, MCHES, Health Ed. Specialist

Understanding the endless flood of nutrition advice from researchers, dietitians, and doctors is enough to make anyone's salad plate spin! There are reasons for this. It's challenging to study the human diet. People eat a wide variety of food. If you ask a group of people what they have eaten over the last three months, it's difficult for them to accurately report food intake. If you ask people to record what they eat for a period of time, they may change their eating to make it appear that they eat very healthily or eat differently to simplify the recording process. If you prescribe a specific diet to people, it is human nature to cheat the system. So, nutrition science is hard work. How are we supposed to believe anything we read?

Dr. David Katz and Stephanie Meller from Yale University published a paper titled, "Can We Say What Diet Is Best for Health?" In it, they compare the major diets of the day: Low carb, low fat, low glycemic, Mediterranean, mixed/balanced (DASH), Paleolithic, vegan, and elements of other diets. They conclude that no diet is clearly best, but there are common elements across eating patterns that are proven to be beneficial to health. "A diet of minimally processed foods close to nature, predominantly plants, is decisively associated with health promotion and disease prevention."

So it's as simple as eating real food? We can do that! It takes a little planning and some preparation, but the benefits of good health are as real as the food.

Sources:

<http://www.theatlantic.com/health/archive/2014/03/science-compared-every-diet-and-the-winner-is-real-food/284595/>

<http://www.annualreviews.org/doi/full/10.1146/annurev-publhealth-032013-182351>

## Upcoming Health Promotion Events

March 3	<a href="#">Worksite Health Fairs</a>
March 9	<a href="#">WorkFit Train the Trainer</a>
March 10	<a href="#">Worksite Health Fairs</a>
March 26	<a href="#">Badger Mountain Challenge</a>
April 4	<a href="#">The EAT Challenge Begins</a>
April 13	<a href="#">WorkFit Train the Trainer</a>



## 2<sup>nd</sup> Quarter Health Promotion: **EAT**

Our next quarter of health promotion focuses on healthful eating. March through May, you'll have an opportunity to learn about nutrition, how to fuel your body well, how to determine what is in the food you eat, and more.

We'll start with our Site Wide Health Fairs in March, then have a Health Promotion Challenge in April focused on eating habits and whole foods. Throughout the quarter, our featured presentations are also focused on healthful eating. See the front page for topics.

March is also **National Nutrition Month!** Check out these sites for GREAT nutrition information!

<http://www.choosemyplate.gov>

<http://www.eatright.org>

## March Worksite Health Fairs

Come visit us at the Site Wide Health Fairs on [March 3<sup>rd</sup>](#) and [March 10<sup>th</sup>](#)! Talk with a Health Education Specialist and an Exercise Physiologist. Here, you can check your weight, body composition and blood pressure. This month we are featuring some eye-opening food displays focused on the sugar and fat contents in common foods. You can also pick up educational materials and resources focused on eating well. Remember, you may attend any location. We hope to see you there!



## Staying Healthy at Your Desk Job

From [EHS Today](#)

Exercise alone isn't enough activity to maintain a healthy body, researchers found. Adults are sedentary for 64 percent of the time they're awake, according to a recent report by Ball State University. That means nearly two-thirds of their waking hours are spent sitting or lying down.

"Our study found that most adults simply aren't moving, and that's because many of our jobs are done in a seated position while working at a computer or something similar," said Alex Montoye, a clinical exercise physiology professor in Ball State's Human Performance Laboratory.

And then, once workers go home, they spend their free time in front of a screen – TV, smart phone, computer.



"Being less sedentary is different than being more active," Montoye said. "Just because a person exercises for a half hour or hour every day doesn't just mean they can be sedentary the rest of the time...We have to get up and get moving throughout the day to maintain good health."

Even standing up and moving around for one to two minutes every 30 to 60 minutes breaks up sedentary behavior. And adults need to be more active and less sedentary to achieve good health. Sedentary behavior can put someone at increased risk for obesity, diabetes, cardiovascular disease, colon and rectal cancer, and premature death.

### The research team offers a few tips to reduce sedentary behavior:

- Take a short walk around the office or home once an hour.
- Speak to a colleague in person instead of on the phone or the computer.
- Stand up while on a phone call.
- Use a standing desk.
- Do short bursts of exercise for a minute each hour while watching TV or working on a computer.

"Since we live in a society where work is now done at a desk, it is very important that we make small changes in our daily habits," Montoye said. "Those little changes will make a big difference over time."

The study, "Variability of Objectively Measured Sedentary Behavior," used data from about 300 adults who participated in research at Ball State's Clinical Exercise Physiology Laboratory in the past several years.

## Fit Tip: Best Pedometer Apps

When it comes to incorporating a little more movement into daily life and achieve those 10,000 steps, a pedometer can help. There are many popular options out there on the market but if you tend to have your smartphone on you at all times, why not download an app that can track your steps as well as a fitness tracker? Here is a list of some good free apps that work for iPhone and Android phones.

- Argus—Includes a calorie counter and weather monitor.
- Pacer—Shows today's steps, calories burned, and distance.
- Map My Walk—Track weight, sleep, calories burned, etc.

## Mindful Moments With Dr. Kusch, Ph.D.

**Life's challenges and obstacles can be overwhelming. Mindful learning can help us find silver linings and stay strong.**

There is a deep connection between walking the road of challenge and developing a compassionate heart. Begin by asking yourself, "*When and where have I learned compassion the most?*" "*What experiences in my life have helped my heart grow wiser?*"



We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email [omchew@rl.gov](mailto:omchew@rl.gov), or visit us at [www.hanford.gov/health](http://www.hanford.gov/health) for more resources.